



ADVANCING EXCELLENCE IN SEXUAL  
AND GENDER MINORITY HEALTH

# Frameworks for Clinical Care

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# Objectives

1. Recognize the importance of providing affirmative and inclusive clinical care to SGM people.
2. Identify four key clinical areas of focus in SGM health
3. Become familiar with resources that provide opportunities for lifelong learning about SGM-competent clinical care



# Why is Affirmative and Inclusive Care Important?

- Affirmative and inclusive care creates an environment where honest conversations about health are more comfortable for patients to have
- Such conversations are vital to determining and delivering needed services to patients
- Health care environments that are not affirmative or inclusive leads to bad experiences for patients, which in turn leads patients to withhold important information about themselves in future visits or, even worse, stop accessing health care altogether



# Why is Affirmative and Inclusive Care Important?

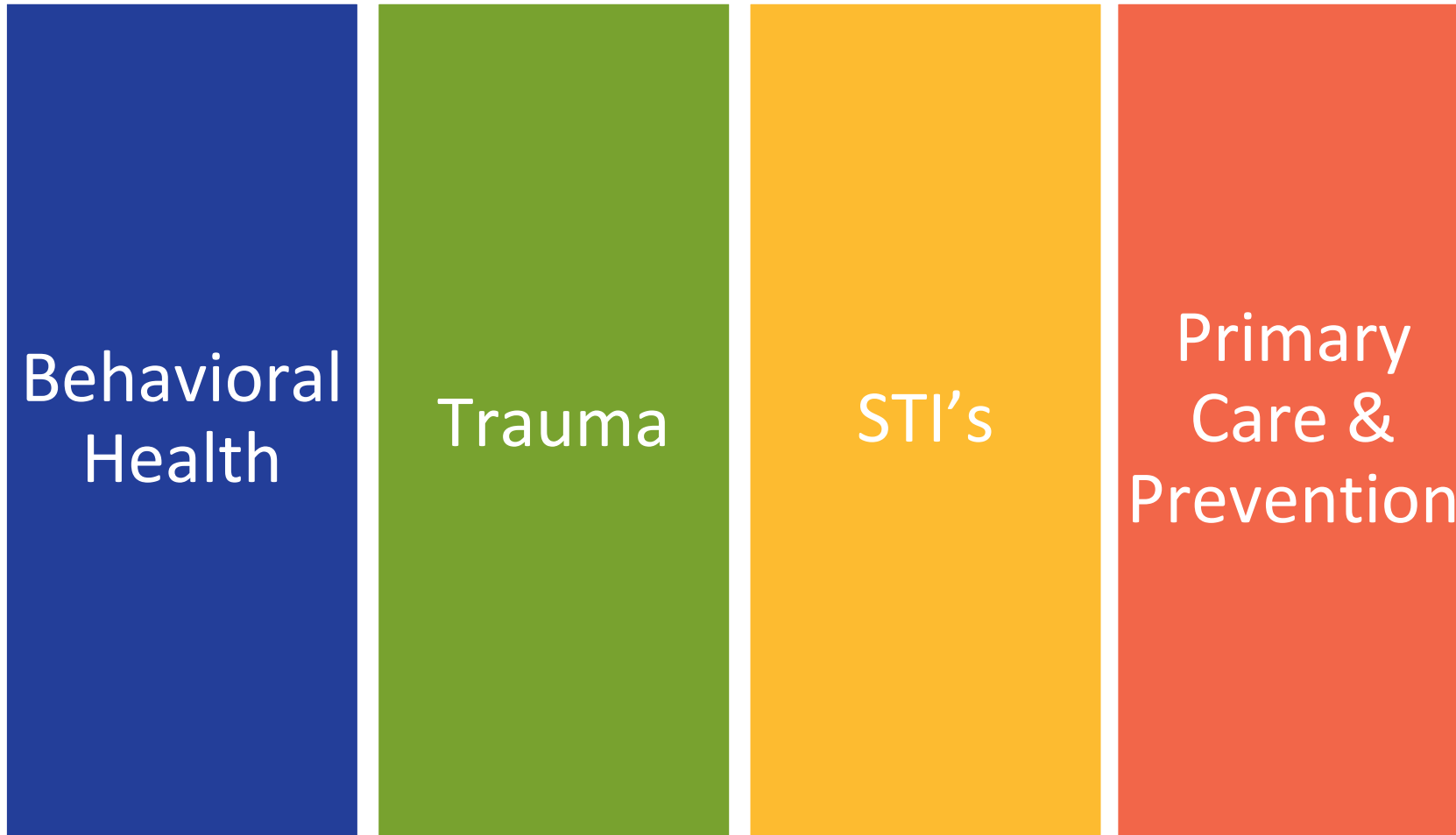
*In order to provide services and care to LGBT people in the most effective way, health care staff must be able to understand how LGBT people's identities, experiences, and relationships with the world around them might affect their health.*



**I AM AN LGBTQ IMMIGRANT  
FIGHTING FOR [#NoMoreClosets](#)**



# Key Clinical Areas of Focus in SGM Health



# Key Clinical Areas of Focus in SGM Health

## Behavioral Health

- SGM suicide attempt rate is 1.5 to 7 times the rate of heterosexual, cisgender peers; having a “closeted” orientation further increases that risk
- LGBT people of color – Native Americans and Latinx people in particular – may be at increased risk of suicide compared with white LGBT people
- Bisexual people attempt suicide at nearly three times the rate of heterosexual peers
- Up to 45% of transgender individuals may have attempted suicide



# Key Clinical Areas of Focus in SGM Health

## Behavioral Health

- The risk of a gay cisgender man developing depression is approximately two to three times that of a heterosexual cisgender man
- The risk of a gay cisgender woman developing depression is approximately 1.5 times that of a heterosexual cisgender woman
- Depression rate among transgender individuals may be as high as 44%
- Gay cisgender men, gay cisgender women, and bisexual cisgender women suffer anxiety disorders at two to three times the rate of cisgender heterosexual counterparts



# Key Clinical Areas of Focus in SGM Health

## Behavioral Health

- Gay cisgender men appear to have between 1.1 and 2.4 times the odds of smoking compared to straight cisgender men; gay cisgender women have between 1.2 and 2.0 times the odds of smoking compared to straight cisgender women; bisexual cisgender women have the highest prevalence of tobacco use (40%) of any SGM group studied
- Gay cisgender women have a lifetime prevalence of alcohol use disorder that is three to six times that of heterosexual counterparts; OR for gay (vs. straight) cisgender men is 1.25 to 2.0

# Key Clinical Areas of Focus in SGM Health

## Behavioral Health

- Illicit substance abuse RR for gay/bisexual (vs. straight) cisgender men = 2.41
- Illicit substance abuse RR for gay/bisexual (vs. straight) cisgender women = 3.50
- LGBT individuals are much more likely than heterosexual cisgender counterparts to abuse methamphetamine or cocaine/crack

# Key Clinical Areas of Focus in SGM Health

## Behavioral Health

- Gay/bisexual cisgender men represent a disproportionate percentage (42%) of men seeking treatment for eating disorders
- Lesbian cisgender women are slightly more likely than straight cisgender women to have an eating disorder; for bisexual cisgender women, the lifetime prevalence of an eating disorder is twice that for lesbian counterparts

# Key Clinical Areas of Focus in SGM Health

## Trauma

- LGBT people account for over 17% of all hate crimes victims
- The incidence of hate crimes against transgender people is even higher than that facing LGB cisgender people
- LGB people have approximately twice the risk of developing Post-traumatic Stress Disorder (PTSD) than non-LGBT people
- 2009 NCTE/NGLTF survey: 58% of transgender adults were verbally harassed in a place of public accommodation; 24% suffered police harassment

# Key Clinical Areas of Focus in SGM Health

## Trauma

- Intimate Partner Violence (IPV) prevalence is as high for same-sex couples compared to their opposite-sex counterparts, but same-sex IPV is more likely to go unacknowledged and less likely to be addressed adequately once reported
- GVRA Survey (Oregon, 1998): 50% of transgender respondents reported assault or rape by a partner
- 25-40% of LGB youth report at least one lifetime incident of emotional, physical, or sexual abuse by a same-sex partner

# Key Clinical Areas of Focus in SGM Health

## STI's

- CDC: MSM (2-4% of US population) accounted for 67% of all new HIV infections in 2016, 68% of all primary and secondary syphilis cases in 2017, and 38.5% of gonorrhea cases in 2017
- According to current estimates, around 25% of transgender women are living with HIV and more than half of black transgender women are living with HIV
- Bisexual cisgender women have an adjusted OR of 2.13 (compared to straight counterparts) for lifetime prevalence of genital herpes or genital warts

# Key Clinical Areas of Focus in SGM Health

## Primary Care & Prevention

- Sexual minority cisgender women are less likely to report having had routine Pap tests
- Sexual minority cisgender women and transgender people are at higher risk of not having health insurance
- NTDS (2016): 33% of transgender people surveyed reported postponing or foregoing preventive care
- GLMA-AMA Survey (2010): 40% of physicians surveyed had no formal LGBT health training ever, and 50% had received fewer than 5 hours of training ever

# Resources

- National LGBT Health Education Center <https://www.lgbthealtheducation.org/>
- National Resource Center on LGBT Aging <https://www.lgbtagingcenter.org/>
- SAGE: Advocacy & Services for LGBT Elders <https://www.sageusa.org/>
- UCSF Center of Excellence for Transgender Care [www.transhealth.ucsf.edu](http://www.transhealth.ucsf.edu)
- HRC: Human Rights Campaign; Health Equality Index <https://www.hrc.org/hei/>
- GLMA: Health Professionals Advancing LGBT Equality <http://glma.org/>





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# Breakout Sessions

